## AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (Currently Amended) An exercise device configured to enable the interaction of a user, the exercise device comprising:

(a) an exercise mechanism comprising a movable element for movement in performance of exercise by a user, the exercise mechanism having one or more operating parameters;

(b) interface means, communicating with the exercise mechanism, for gathering a first signal from the user;

(c) communicating means, communicating with the interface means, for receiving a packetized second signal from a remote source over a network, the packetized second signal including one or more packetized control signals; and

(d) means, responsive to the packetized second signal, for controlling the operating parameters of the exercise mechanism.

2. (Original) An exercise device as recited in claim 1, wherein the exercise device is configured to enable a user to interact in real-time communication, the first signal comprising a real time signal and the second signal comprising a real time signal and the means for controlling the operating parameters of the exercise mechanism controlling the operating parameters in real time.

3. (Original) An exercise device as recited in claim 1, wherein the packetized second signal comprises a signal selected from the group consisting of an audio signal, a visual signal, and a control signal.

4. (Original) An exercise device as recited in claim 3, wherein the control signal is synchronized with at least one of the audio signal and the visual signal.

5. (Original) An exercise device as recited in claim 3, wherein a trainer promulgates the control signal.

6. (Original) An exercise device as recited in claim 3, wherein a communication system promulgates the control signal.

7. (Original) An exercise device as recited in claim 3, wherein a third party promulgates the control signal.

8. (Original) An exercise device as recited in claim 1, wherein the interface means is selected from the group consisting of: (i) one or more audio input devices; and (ii) one or more video output devices.

9. (Original) An exercise device as recited in claim 1, wherein the interface means comprises one or more controllers.

10. (Original) An exercise device as recited in claim 1, wherein the interface means comprises a video camera integrally formed with the exercise device.

11. (Original) An exercise device as recited in claim 1, wherein the communicating means enables transmission of the first signal.

12. (Original) An exercise device as recited in claim 1, wherein the communicating means comprises one or more processors adapted to packetize the first signal gathered by the interface means.

13. (Original) An exercise device as recited in claim 1, wherein the communicating means is selected from the group consisting of (i) a translator device; and (ii) a computer.

14. (Original) An exercise device as recited in claim 1, wherein the communicating means receives the packetized second signal including synchronized control signals from a communication system that is in communication with a trainer.

15. (Original) An exercise device as recited in claim 1, wherein the communicating means communicates with a communication system that is configured to generate one or more second signals.

16. (Original) An exercise device as recited in claim 15, wherein the communication system comprises memory configured to store the second signal.

17. (Original) An exercise device as recited in claim 1 wherein the first signal comprises one or more signals representative of any measurable parameter of the exercise device.

18. (Original) An exercise device as recited in claim 1, wherein the first signal comprises one or more signals representative of any measurable parameter of the user of the exercise device.

19. (Original) An exercise device as recited in claim 1, wherein the first signal represents the status of the exercise device thereby activating the communication means to receive the packetized second signal.

20. (Currently Amended) An exercise device as recited in claim 19, wherein the status of the exercise device is selected from the group consisting of: (i) an active signal; (ii) inactive signal; and (iii) standby signal.

21. (Original) An exercise device as recited in claim 1, further comprising means for reproducing the second signal.

22. (Original) An exercise device as recited in claim 21, wherein the means for reproducing the second signal comprises one or more audio output devices and one or more video output devices.

23. (Original) An exercise device as recited in claim 21, wherein the means for reproducing the second signal comprises an output device selected from the group consisting of an audio output device and a video output device.

24. (Currently Amended) An exercise device as recited in claim 1, wherein the means for controlling the operating parameters of the exercise mechanism ~~in~~ comprises one or more controllers configured to separate ~~the~~ a synchronized control signal from the second signal.

25. (Original) An exercise device as recited in claim 24, wherein the means for controlling further comprises one or more actuators activated by the one or more controllers in response to the synchronized control signal.

26. (Original) An exercise device as recited in claim 1, wherein the packetized second signal comprises a signal selected from the group consisting of: (i) a packetized control signal; and (ii) a packetized control signal and a signal from a communication system.

27. (Original) An exercise device as recited in claim 1, wherein the packetized second signal comprises a packetized control signal and a signal from a trainer, the signal from the trainer comprising a signal selected from the group consisting of an audio signal and a visual signal.

28. (Original) An exercise device as recited in claim 27, wherein receipt of said packetized second signal is substantially uninterrupted during receipt of said control signal.

29. (Currently Amended) An exercise device configured to enable interaction of a user, the exercise device comprising:

(a) an exercise mechanism comprising a movable element for movement in performance of exercise by a user, the exercise mechanism having one or more operating parameters;

(b) at least one user interface device, communicating with the exercise mechanism, the at least one interface device gathering a first signal from the user;

(c) a communicating mechanism, communicating with the user interface device, the communicating mechanism receiving a packetized second signal from a remote source over a network, the packetized second signal including one or more packetized control signals; and

(d) a controller, responsive to the packetized second signal, configured to control the operating parameters of the exercise mechanism.

30. (Original) An exercise device as recited in claim 29, wherein the at least one user interface device is selected from the group consisting of one or more audio input devices and one or more video input devices.

31. (Original) An exercise device as recited in claim 29, wherein the communicating mechanism comprises an iFit.com button, the iFit.com button adapted to initiate communication with a communication system that enables real-time transmission of the first signal to a trainer.

32. (Original) An exercise device as recited in claim 31, wherein the communicating mechanism enables transmission of the first signal, evaluates the first signal and generates the second signal based upon the first signal.

33. (Currently Amended) An exercise device as recited in claim 32, wherein the first signal comprises signals that represent one or more parameters of the user exercising on the exercise device.

34. (Original) An exercise device as recited in claim 33, wherein the one or more parameters comprise any measurable parameter of the user of the exercise device.

35. (Original) An exercise device as recited in claim 29, wherein the communicating mechanism comprises a translator device and computer communicating with the exercise mechanism.

36. (Original) An exercise device as recited in claim 29, further comprising a control panel, the control panel being configured to enable a user to input the first signal and to receive the second signal.

37. (Original) An exercise device as recited in claim 29, wherein said at least one interface device comprises a manual override control, the manual override control being configured to prevent the means, responsive to the packetized second control signal, for controlling the operating parameters of the exercise mechanism in real-time from controlling the operating parameters of the exercise mechanism.

38. (Original) An exercise device as recited in claim 29, wherein the exercise device further comprises a safety mechanism, said safety mechanism capable of manipulating the operating parameters of the exercise mechanism in the event that the packetized second control signal is interrupted.

39. (Original) An exercise device a recited in claim 29, wherein the first signal comprises a real time signal, the communicating mechanism receives a packetized second real time signal and the controller is configured to control the operating parameters of the exercise mechanism in real time.

40. (Original) An exercise device as recited in claim 29, wherein the exercise device further comprises one or more sensors, said one or more sensors being configured to sense the one or more operating parameters of the exercise mechanism.

41. (Original) An exercise device as recited in claim 29, wherein the exercise device further comprise one or more sensors, said one or more sensors being configured to identify whether a user is using the movable element.

42. (Original) An exercise device as recited in claim 41, wherein the one or more sensors identify whether the user is an adult or juvenile user.

43. (Original) An exercise device as recited in claim 29, wherein the exercise device is a device selected from the group consisting of a master device, a slave device, and a sub-slave device.

44. (Original) An exercise device a recited in claim 43, wherein the exercise device is a slave device and is configured to control one or more sub-slave devices.

45. (Original) An exercise device as recited in claim 29, wherein the exercise device further comprise a diagnostic control, said diagnostic control activating a connection with a communication system to check the status of the exercise device.

46. (Original) An exercise device as recited in claim 45, wherein the diagnostic control activates a downloading process to retrieve one or more software updates the from communication system.

47. (Original) An exercise device as recited in claim 29, wherein the exercise device further comprises a scaling control, the scaling control being configured to enable a user to select a value representative of the proportional change to be made to the packetized control signal received by the communicating means.

48. (Original) An exercise device as recited in claim 29, wherein the communicating mechanism enables transmission of the first signal.

49. (Currently Amended) An exercise device configured to enable a user to receive workout-related information, comprising:

(a) an exercise mechanism comprising a movable element for movement in performance of exercise by a user;

(b) a user interface device communicating with the exercise mechanism and configured to gather one or more user control signals from the user;

(c) a communicating mechanism in communication with the user interface device and adapted to enable transmission of the user control signals to a remote communication system, the communicating mechanism being further adapted to receive a packetized second signal including synchronized control signals from the remote communication system;

(d) means for reproducing the second signal; and

(e) means, responsive to the synchronized control signals carried by the second signal, for controlling the operating parameters of the exercise mechanism.

50. (Original) An exercise device as recited in claim 49, wherein the user interface device comprises one or more manually activated controls configured to generate the user control signals.

51. (Original) An exercise device as recited in claim 49, wherein the user interface device comprises a translator device and a computer.

52. (Original) An exercise device as recited in claim 49 wherein the second signal comprises one or more audio and video signals and the synchronized control signal.

53. (Original) An exercise device as recited in claim 49, wherein the communication system comprises:

(a) one or more storage devices adapted to store the one or more audio and video signals;

(b) a control signal generator configured to generate one or more synchronized control signals; and

(c) a control processor configured to synchronize the synchronized controls signals with the one or more audio and video signals and deliver the second control signal to the communication mechanism.

54. (Original) An exercise device as recited in claim 49, wherein the communication system receives the one or more audio and video signals and the synchronized control signals from an exercise device of a trainer.

55. (Original) An exercise device as recited in claim 49, wherein the communication system receives the synchronized control signals from a third party communicating with the communication system.

56. (Original) An exercise device as recited in claim 49, wherein the exercise device communicates with the communication system via a network.

57. (Original) An exercise device as recited in claim 56, wherein the network comprises a network selected from the group consisting of a wide area network, a local area network, a home network, a packetized network, and the Internet.

58. (Original) An exercise device as recited in claim 49, wherein the communication system comprises a web site comprising one or more web pages, the web site being configured to assist with the transmission of the packetized second signal.

59. (Original) An exercise device as recited in claim 49, wherein the means for reproducing the second signal comprises one or more audio output devices and one or more video output devices.

60. (Original) An exercise device as recited in claim 59, wherein the one or more video output devices comprises one or more video displays.

61. (Original) An exercise device as recited in claim 49, wherein the communication system analyses the user control signals and generates the packetized second signals based upon the analysis of the user control signals.

62. (Original) An exercise device as recited in claim 61, wherein the communication system receives another signal from the exercise device representative of the one or more operating parameters of the exercise mechanism and generates the packetized second signal based upon the another signal.

63. (Original) An exercise device as recited in claim 61, wherein the communication system receives another signal from the exercise device, the another signal being representative of any measurable parameter of the user of the exercise device.

64. (Original) An exercise device as recited in claim 49, wherein the means, responsive to the synchronized control signals carried by the second signal, for controlling the operating parameters of the exercise mechanism comprises:

(a) a speed actuator configured to vary a speed of the movable element;

(b) an incline actuator configured to vary the incline of the movable element;

(c) one or more decoders configured to separate the synchronized control signals from the second signal;

(d) one or more processors configured to operate the speed actuator and the incline actuator in response the synchronized control signal received from the one or more decoders.

65. (Original) An exercise device as recited in claim 49, wherein the means, responsive to the synchronized control signals carried by the second signal, for controlling the operating parameters of the exercise mechanism comprises:

(a) a speed actuator configured to vary a speed of the movable element;

(b) a resistance actuator configured to vary the resistance applied to the movable element;

(c) one or more decoders configured to separate the synchronized control signals from the second signal;

(d) one or more processors configured to operate the speed actuator and the resistance actuator in response the synchronized control signal received from the one or more decoders.

66-77. (Cancelled)

78. (Currently Amended) An exercise device for enabling one or more users to select and perform an exercise program stored on a communication system, the exercise device comprising:

(a) an exercise mechanism comprising a movable element for movement in performance of exercise by a user, the exercise mechanism being configured to enable a user to exercise in response to an exercise program selected from one or more exercise programs stored on a remote communication system in network communication with the exercise mechanism; and

(b) control means, communicating with the exercise mechanism, for receiving one or more packetized control signals from the remote communication system indicative of the selected exercise program and for changing one or more operating parameters of the exercise mechanism based upon the selected exercise program and the one or more packetized control signals.

79. (Original) An exercise device as recited in claim 78, wherein the selected exercise signals comprise at least one audio signal and at least one video signal.

80. (Original) An exercise device as recited in claim 78, wherein the communication system comprises one or more storage devices adapted to store the one or more exercise programs.

81. (Original) An exercise device as recited in claim 78, wherein the network is selected from the group consisting of a local area network, a wide area network, and the Internet.

82. (Original) An exercise device as recited in claim 78, wherein the exercise mechanism includes one or more actuators configured to vary one or more operating parameters of the exercise mechanism.

83. (Original) An exercise device as recited in claim 78, wherein the control means comprises at least one decoder configured to decode the one or more packetized control signal and at least one processor configured to activate the one or more actuators in response so the one or more decoded control signals.

84. (Original) An exercise device as recited in claim 78, wherein the communication system comprises:

(a) one or more storage devices adapted to store the one or more audio and video signals;

(b) a control signal generator configured to generate one or more control signals; and

(c) a control processor configured to synchronize and packetize the controls signals with the one or more audio and video signals and deliver the packetized control signal to the exercise mechanism.

85. (New) An exercise system comprising:

(a) a local system including at least one exercise apparatus connected to an associated local computer;

(b) a remote system including at least one remote computer; and

(c) a communication link for communicating packetized data between the local computer and the remote system, such that the local system may receive remote system data from the remote system, including packetized control signals for controlling operation of the at least one exercise apparatus.

86. (New) An exercise system as recited in claim 85, wherein the at least one exercise apparatus includes an exercise mechanism having a movable element for movement in performance of exercise by a user, and wherein the local system is configured to receive the packetized control signals in real-time, the packetized control signals controlling the movable element in real-time.

87. (New) An exercise system as recited in claim 85, wherein the one or more control signals correspond to an exercise program selected by a user of the at least one exercise apparatus.

88. (New) An exercise system as recited in claim 85, wherein the one or more control signals control operating parameters of the at least one exercise apparatus, the at least one exercise apparatus having one or more actuators for controlling at least two of the group selected from: speed, resistance, and incline.

89. (New) An exercise system as recited in claim 85, wherein the remote system remotely controls an operation of the local computer based upon the packetized control signals.

90. (New) An exercise system as recited in claim 85, further comprising one or more input devices for gathering a signal from a user of the at least one exercise apparatus, the one or more input devices being selected from a group consisting of audio and video.

91. (New) An exercise system as recited in claim 85, further comprising at least one remote exercise apparatus connected to the at least one remote computer, and wherein packetized control signals are transmitted to the local system in response to a remote user controlling the at least one remote exercise apparatus.

92. (New) An exercise system as recited in claim 85, wherein the packetized control signals are synchronized with at least one of an audio signal or a video signal.

93. (New) An exercise system as recited in claim 85, wherein the communication link comprises a network connection.

94. (New) An exercise system as recited in claim 85, wherein the exercise apparatus comprises one or more sensors for detecting data representative of the status of the exercise apparatus or a user of the exercise apparatus, and wherein the exercise apparatus is configured to transmit the data to the remote system via the communication link.

95. An exercise system as recited in claim 85, further comprising a safety mechanism in communication with the at least one exercise apparatus, the safety mechanism manipulating the at least one exercise apparatus in the event that a packetized control signal is interrupted.

96. An exercise system as recited in claim 85, further comprising a control module in communication with the local system, the control module being configured to automatically disconnect data communication between the local system and the remote system in response to cessation of exercise by a user of the at least one exercise apparatus.